

Comparison of Psychological and Physiological Variables Between Abrupt and Gradual Awakening from Daytime Sleep

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To determine differences in psychological and physiological variables between abrupt awakening and gradual awakening from daytime sleep, ten undergraduate students were asked to sleep in an experimental room during the day. EEG, EOG, submental EMG, ECG and respiration were recorded. They were awakened in stage 2 of the sleep onset period by sound bursts through ear phones. Each subject was awakened abruptly and gradually during a session. After awakening, they were asked to complete questionnaires and then were interviewed about their subjective experiences prior to awakening. No significant differences were found in heart rate, breathing, sleepiness, mood and contents of subjective experiences. Further studies are needed to examine variations in psychological and physiological indexes following different ways of awakening.

A Case Study of a Somatization Disorder Treated by Naikan Therapy

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Naikan therapy, a method of psychotherapy, was dramatically effective in the treatment of a female patient with somatization disorder. The patient was in her fifties and had been suffering from recurrent and multiple somatic complaints for nine years. The somatic complaints were pain in the eyes, ears, teeth, neck, shoulders and hands, an abnormal sensation in the throat, difficulty in urinating, syncope and paralysis of the arms and legs. Before the Naikan therapy, she had been receiving unnecessary medical care in the forms of surgery and drugs from a number of physicians because she was constantly seeking treatment. After the Naikan therapy, all her somatic complaints disappeared and, in addition, the psychotherapist-patient relationship improved. She had a deep respect for the psychotherapist, and yet she was able to converse easily with him. One factor in the success of the Naikan therapy is suggested to have been the structure of the therapy, that is, its intensity. The therapist conducted a series of one and a half hour interviews over a 15 hour period from 7 a.m. to 10 p.m.. Another factor is suggested to have been her knowledge of a model demonstration of the Naikan meditation in advance. This led her to believe the therapy would be successful.

The Present Condition and Problems of Clinical Practice Teaching in Mental Hospitals

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The purpose of this paper was to improve existing student clinical practice. A questionnaire was developed to investigate how practice leaders perceive psychiatric/mental health student practice and how the practice is actually conducted.

The results are as follows : (1) Mental hospitals have a relatively large number of male student practice leaders and more older nurses with more years of experience compared to general hospitals. (2) Many leaders are head nurses who do not have official appointments to be practice leaders and are not given extra pay. (3) Leaders feel that the teaching practice is not as good as they would like it to be. (4) Leaders feel that students and their teachers have a bias against mental hospitals and patients. (5) Leaders feel that the goals set by the schools are too high and are difficult to achieve. However, the hospitals and